Something's different about Sachi today...
新米姉妹のふたりごはん
Phew...
カチャ
ほこ
That was a great bath!
And after the bath comes milk!
わっ
You noticed?
Nee-san, something smells really good..
ふふ

I used a bath bomb!
Eri gave them to me for my birthday!
Today's your birthday?
Hm?
Yeah. It is.
You don't know about bath bombs?
They bubble and release their scent in water-

Why didn't you tell me?
BFT!
Huh?
Tomorrow!
We're celebratin, tomorrow
Got it?

Nov. 8 The popular collected volume is getting a third reprint soon!
HAS SHE BECOME MORE OF A BIG SISTER NOW?
新米姉妹のふたりごはん!
Let's have a meal together!
柊ゆたか
Eighth Course: Roast Beef

I've never seen her like that before
Is it different from how she usually is?
Doesn't she put on a scary face when she's nervous?
It's totally different!
How do I put this... Her eyes were serious
Is she angry at me?
Hmm..
But she's celebrating your birthday
Isn't that fine, then?
Y-Yeah

I wonder if it's okay for her to celebrate with me
I'm not sure about it...
So um...
N-No one's ever done it for me before!
R-Really?
It's fine! Sisters do that
What? Are you trying to be modest now?

I'll just walk in like usual.
I'm back!
Ayari?
She's in the living room?

Nee-san!?
Oh
I thought it'd be more festive
Is this-
Are these not birthday decorations?
You don't like it?
I do

I'm so happy!
HAPPY

ギーッ
It's huge!
Is this meat for-
I was going to make roast beef with it,
but I forgot to put it in the oven after defrosting
You've given me so much, Nee-san,
so I wanted to do something to thank you,
but even my cooking is...
ねっ？

Ayari...
Thank you!
You made me really happy today
I was always so jealous of Eri's birthday parties
Dad always sends gifts,
but he's never celebrated it with me like this
Hey
Can you start making it now?
The roast beef

Yes!
The ingredients for roast beef are a beef roast, tallow, salt and pepper
Leave the roast at room temperature for one hour to let it warm up
Season to taste with salt and pepper

Add the tallow after heating the pan on high
ちゃちゃちゃ
じゅわ
It's sizzling!
Sear each side thoroughly

It's like barbecue!
It smells so good!
くんくん

Not yet.
It's still raw inside
Is it ready!?

When the roast is browned on all sides, we can take it off the heat.

Which is why I had planned on making it earlier...
You cook roast beef using medium heat, and the heat has to reach the center,
so it takes a lot of time
ふふん

Plastic wrap the roast
and put it inside a sealable bag
Put the bag into a thick pot with water heated to 60°C
Use a straw
to suck out as much air from the bag as you can
I can really smell the beef...
SUCK
Sounds nice.

After that, let it rest for another 30 minutes and it'll be done!
put the lid on and let it cook for one hour
1h
ぷぉっ
After sealing the bag,
ぴっ
That's it
Is that it?
We'll make other dishes and a sauce for it while we're waiting
Using the juices left in the pan
Yay!
I thought there would be more to do
ぽへー

HAPPY BIRTHD
Wow!

CLINK
Birthdays are awesome!
I'm so excited!

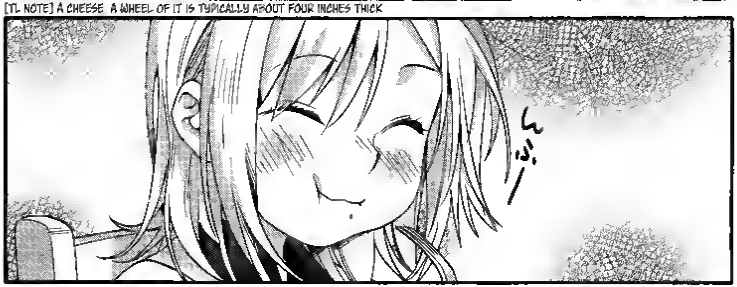
It's the roast beef!
The meat's pink!
I'm digging in!
CHEW
CHEW

Mmm
The meat is so delicious!
So tender.
It's completely different from grilled meat!
Rare-cooked meat's so juicy and tender!
Would you like seconds, Nee-san?
Yes!
Then...
Hurray for birthdays!
To be able to eat a feast like this at home...

How thick do you want it to be?
Huh?
But-
Don't worry.
It's your birthday
じゅわ〜

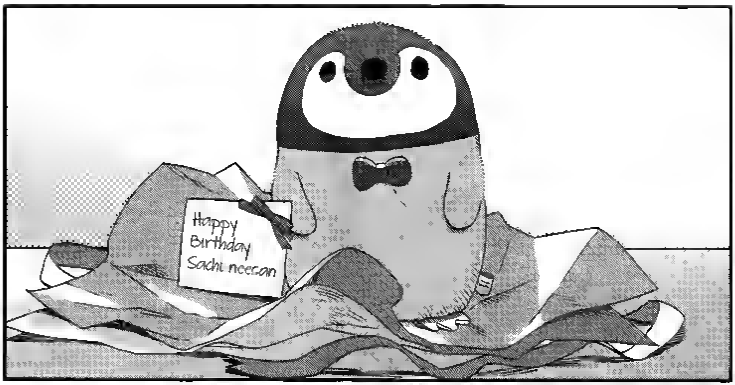
W-
It's covering the mashed potatoes
Wow.
It's a meat Roquefort!
When you make it at home, you can slice it as thick as you like and eat as much as you want

[TL NOTE] A CHEESE A WHEEL OF IT IS TYPICALLY ABOUT FOUR INCHES THICK



CLAP
CLAP
CLAP
Happy birthday,
Nee-san.
Thank you,
Ayari.

Hey,
what should we do for your birthday?
Huh?
Let's go all out!
Like a champagne tower!
Oh!
And a chocolate fountain!
I..
would be happy with anything as long as you're celebrating it with me, Nee-san



TOGETHER, EVERY YEAR, ON THEIR BIRTHDAYS...

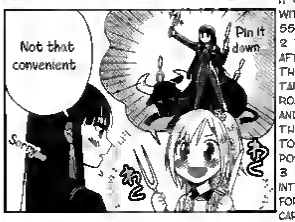
◀◀ To be continued next issue!

May issue will be out March 27th!

今日のふたりレシピ vol. 8

today's futari recipe

It's called a serving fork. It's used to pin food down. They're so it doesn't move. pretty convenient.
It's like a weapon!
These look cool!
Hey hey!
I know you use these to carve the meat!
It's sharp so be careful



ROAST BEEF

INGREDIENTS
BEEF (THIGH OR RIB ROAST)
SALT AND PEPPER
BEEF TALLOW

TOOLS
THICK-WALLED POT
A COOKING THERMOMETER
PLASTIC BAG
BAG WITH ZIPPER SEAL

DIRECTIONS:
1 LET THE ROAST WARM UP TO ROOM TEMPERATURE BY LEAVING IT OUT FOR ONE HOUR. FILL POT WITH WATER. HEAT TO ABOUT 55-70°C
2 WARM THE PAN ON HIGH HEAT. AFTER THE TALLOW MELTS, BROWN THE SURFACE OF THE ROAST AND TAKE IT OFF THE FIRE. PUT THE ROAST INSIDE THE PLASTIC BAG AND THEN PLACE THAT BAG INSIDE THE ZIPPABLE BAG. USE A STRAW TO SUCK AS MUCH AIR AS POSSIBLE OUT OF THE BAG.
3 PUT THE BAG WITH THE ROAST INTO THE HOT WATER AND LET IT COOK FOR AN HOUR. LET IT COOL BEFORE CARVING. (IF YOU ARE IN A RUSH, YOU PROP IT IN ICE WATER TO COOL.)

ROAST BEEF SAUCE

INGREDIENTS:
PAN WITH ROAST JUICES
THREE TABLESPOONS RED WINE
GRATED OR HALVED GARLIC CLOVE
TEASPOON SUGAR
THREE TABLESPOONS KETCHUP
HALF TEASPOON CONSOMMÉ POWDER
HALF TEASPOON SALT AND PEPPER

DIRECTIONS
HEAT UP THE JUICES. ADD GARLIC AND WINE AND SEASONING. SIMMER UNTIL THE ALCOHOL BOILS OFF AND THE SAUCE THICKENS.

SPECIAL DAYS DESERVE SPECIAL COOKING. THE ROAST BEEF AYARI MADE FOR SACHI'S BIRTHDAY WAS LITERALLY A FEAST, BUT ALSO QUITE FITTING.

HOW DOES ROAST BEEF BECOME SO SOFT AND TENDER? THE SECRET LIES IN THE LOW TEMPERATURE COOKING PROCESS. AS THE TEMPERATURE RISES, BEEF START'S LOSING MOISTURE AND HARDENS. BY THE TIME IT REACHES AROUT 75°C, MOST OF THE JUICES ARE LOST. TO ENSURE JUICINESS, THE TEMPERATURE SHOULD STAY BELOW 60°C FOR THE JUICES TO REMAIN INSIDE THE MEAT. WITH THAT SAID, AYARI'S METHOD OF SLOW-COOKING THE MEAT IN A 60°C WATER BATH MAKES A LOT OF SENSE.

MANY METHODS HAVE BEEN DEVELOPED TO COOK ROAST BEEF. THE TRADITIONAL WAY IS TO ROAST THE BEEF IN AN OVEN AT 200°C FOR THIRTY MINUTES. WRAP IT IN FOIL, AND LET IT REST FOR ANOTHER THIRTY MINUTES. WITH THIS METHOD, THE EXTERIOR IS WELL-DONE AND THE INTERIOR IS RARE. IF YOU WANT MORE OF THE MEAT TO BE RARE, USE A WATER BATH LIKE AYARI DID. USING A RICE COOKER WITH TEMPERATURE CONTROL INSTEAD OF A POT WILL MAKE IT EASIER. SET IT TO KEEP THE CONTENTS BETWEEN 60°C AND 70°C AND ADD 70°C WATER. LEAVE THE ROAST INSIDE FOR AN HOUR AND YOU'RE DONE.

PRACTICAL!!

★ COOKING MANGA RESEARCHER SUGIMURA KEI'S ★

Futari Gohan

A METHOD POPULARIZED BY THREE STAR RESTAURANTS IS THE THREE HOUR ROAST. THE BEEF IS ROASTED IN A 200°C OVEN FOR ONE MINUTE, AND THEN LEFT TO COOL FOR A FEW MINUTES. THIS IS REPEATED ABOUT 20 TIMES. IT TAKES AROUT THREE HOURS, BUT SINCE THE NUMBER OF ROASTINGS CAN BE ADJUSTED, THERE'S A FINE LEVEL OF CONTROL OVER THE DONENESS OF THE MEAT. IT TAKES A LOT OF TIME AND EFFORT, BUT FAILURE IS RARE, AND THE RESULT IS TRULY THREE-STAR WORTHY.

COOKING IT WITH A SKILLET IS ALSO POSSIBLE. AFTER WARMING THE SKILLET ON HIGH HEAT, SEAR ALL SIDES OF THE MEAT FIVE SECONDS ON EACH SIDE. PUT A GRILLING RACK ON THE SKILLET AND MOVE THE MEAT ON TOP OF IT. COVER AND LET IT COOK FOR FIVE MINUTES. REPEAT 6 OR 7 TIMES. IT'S DONE WHEN IT STARTS STICKING TO THE PAN.

ENJOY YOUR JUICY, JUICY MEAT.

THE BEST PART OF MAKING ROAST BEEF AT HOME IS BEING ABLE TO SLICE IT THE WAY YOU WANT. SACHI'S THICK SLICES REALLY GETS THE SALIVA FLOWING. DOESN'T IT? IT'S SURPRISINGLY EASY TO MAKE, SO IF YOU'RE PLANNING TO CELEBRATE, GIVE IT A TRY!

REFERENCES: MASTER MEAT COOKING AT HOME! RECIPES TREASURED BY MEAT FREAKS MEAT MYSTERIES FOR ADULTS (TAT'SUYA MAT'SUURA, MAGAZINE HOUSE LTD.)

SUGIMURA KEI
Profile

THE FORMER COOKING MANGA RESEARCHER BEHIND "BOX SAUCE NOTEBOOK," "WHITE HOT SAKE GLASS ROOM," AND MAIN TITLE WORKS. HE'LL TALK ABOUT THE COOKING FEATURE IN "MINNNA SHIWAI NO FUTARI GOHAN" BASED ON HIS OWN EXPERIENCES.

Translation:
Almond
Typesetting: Nouz
QC: Shinju, Fireiiy,
patamon
Visit us at Yuri-ism.com